

THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

Nutrition Tips for Healthy Teeth at Every Age

Your teeth need help to stay healthy as long as possible. Besides brushing, flossing and seeing a dentist for regular exams, your diet and habits have a huge impact on our oral health. No matter your stage in life, you can make smart choices — for you and your teeth!



Ages 0-3

Don't give bottles with juice or milk at bedtime or naptime.

Water is safe for children 6 months or older.



Don't share food or utensils with children. You'll also be sharing germs!



If a pacifier falls on the ground, wash it with water — not your mouth.



Sealants, a thin plastic coating applied directly to teeth, can reduce children's chances of new tooth decay by 70%.



Cook healthy, tooth-friendly meals and give smart snacks like cheese, yogurt, lean meats, veggies and fruits.

Limit sugary foods.

Eating treats at meal time is best, as eating other foods produces extra saliva which helps wash away food particles.



Ages 4-12



Ages 13-19

Chewing sugar-free gum can help wash away food particles and harmful acids by stimulating saliva.



The average teen eats nine times a day! Keep the fridge stocked with healthy choices.



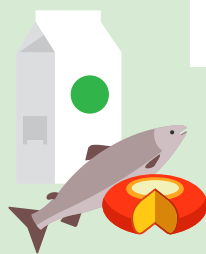
Limit teens' intake of soda and sports drinks. Got an active teen? Water is the best way to rehydrate.



Don't start bad habits. Smoking is harmful to teeth and increases the risk of oral cancer.

Ages 20-35

Healthy eating can fall by the wayside for some young adults.



Limiting soft drinks in favor of water or milk is an easy way to keep harmful acids from causing enamel loss.

Remember to make smart choices when eating out and keep starchy and sugary snacks to a minimum.



Avoid excessive alcohol consumption. Between 75 & 80 percent of people with oral cancer frequently drink alcohol.



Amp up your calcium! As we age, we need more calcium — especially women. Keep your favorite dairy products on hand.

Ages 36-64



Whether you're taking care of children, parents or both, **make sure to save time for yourself and healthy habits like nutritious meals and exercise.**



Drink up! Drinking plenty of water each day is important to help your body digest food and absorb nutrients, even if your sense of thirst has decreased.

Ages 65+

Dry mouth is not a normal part of aging!

Ask your doctor which medications might be causing this and what you can do about it.



Calcium intake is more important than ever. Eat calcium-rich foods and make sure you're getting enough vitamin D, which is vital for calcium absorption.



For more helpful oral health information [click here!](#)